

Weekly Prayer Plan – How to be Strong in The Lord

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Hebrews 11:1-6

Tuesday: 1 John 2:15-17

Wednesday: 1 Corinthians 10:13

Thursday: John 15:18-25

Friday: James 5:16-18

Saturday: Proverbs 3:5-6

Sunday: Ephesians 2:1-10

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

How to be Strong in The Lord – Bible Verses & Notes

I was recently studying Ephesians 6 in my group Bible study and we discussed this verse. In verse 10, Paul directs us to be strong in the Lord and in his mighty power. But how do we know if we are being strong in the Lord? In this episode I'm going to go over a few points that you can use to judge yourself to see if you are being strong in the Lord.

1. To believe God even if it doesn't lol like it's going to happen.

*Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible. - **Hebrews 11:1-3***

To be strong on the Lord, you have assurance that you have received the things that God has promised even before you see it in the natural. This is what Hebrews 11:1-3 is saying to us.

2. To Go against popular societal trends and practices to stand on the side of God's word.

*Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever. - **1 John 2:15-17***

These verses give us clear direction that we shouldn't love the world or anything in The world over God and His kingdom. Christian's who are strong in the Lord make the decision to follow Christ regardless of the direction the majority of world is going.

3. The ability to resist temptation.

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. - **1 Corinthians 10:13***

As you continue to mature in Christ, your spirit will continue to be strengthened to see the way of escape that God makes for you so that we will not fall into temptation. This is also an indication that you are being Strong in the Lord.

4. To know that the world will hate is because of our beliefs.

*If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. - **John 15:18-19***

There are some people in the world who just won't like Christian's. It could be for many reasons, but one clear reason could be because Christianity causes the light to shine on their evil deeds and they don't like it. And as a result they hate Christianity and anyone who stands for it. This verse prepares us for situations like this.

5. Pray fervently and powerfully in line with the Word of God.

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops. - **James 5:16-18***

How is your prayer life? Can you spend time praying the word of God fervently? A sign of being strong in the Lord is being able to pray for yourself with power and that you see the results of your prayer.

6. Make spiritually mature decisions in line with Gods Word.

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - **Proverbs 3:5-6***

This is the definitive verse on making mature spiritual decisions. To be strong in the Lord means that you acknowledge him in everything that you do. You don't just rely on your own understanding but you submit to him. And He guides your decisions into the best possible outcome.

7. Understand the spiritual Authority we have in Jesus.

*But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. - **Ephesians 2:4-7***

This is a powerful reality that most Christian's don't fully understand. We have spiritual authority in this world because we are seated with Christ. Just as we read how Jesus executed his spiritual authority in many examples, we need to see ourselves in that same seat of authority as Jesus. The believer who is strong in the Lord knows their authority and uses it daily!